



MDD: My Daily Drive



MDD: My Daily Drive is an innovative workshop designed to empower students with essential social-emotional learning skills, focusing on transforming personal and societal barriers into opportunities for growth and success. Through engaging activities and thoughtful discourse, this workshop aims to equip students with the tools they need to navigate life's challenges with resilience and a positive mindset. The primary objective of MDD: My Daily Drive is to instill in students a deep understanding of social-emotional competencies, including self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. By embracing these skills, students can effectively turn obstacles into stepping stones towards their goals.



KEY COMPONENTS TO MDD WORKSHOP

Self-discovery Journey: Enhanced self-awareness and empathy, fostering a supportive community within their community.

Barrier Breakthrough : Improved problem-solving and resilience, encouraging a proactive approach to challenges.

Opportunity Mapping : Development of a growth mindset, enabling students to view challenges as opportunities for learning and development.

Emotional Toolkit : Enhancement self-management skills, empowering students to maintain emotional balance and focus.

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